

## Ed Parker Kenpo Yellow Belt Self Defense Techniques

### Overview

Ed Parker's American Kenpo Yellow Belt curriculum introduces foundational self-defense techniques designed to build basic skills, coordination, and understanding of the system. The Yellow Belt level typically covers 10 to 16 core self-defense techniques, each addressing common attacks such as grabs, pushes, and punches<sup>[1] [2] [3]</sup>.

### Common Yellow Belt Techniques

Some of the standard Yellow Belt self-defense techniques include:

- Delayed Sword (defense against a right lapel grab or right punch)
- Alternating Maces (defense against a two-handed push)
- Sword of Destruction (defense against a left-hand punch)
- Deflecting Hammer (defense against a left-hand shoulder grab)
- Captured Twigs (defense against a rear grab)
- Grasp of Death (defense against a headlock)
- Checking the Storm (defense against a club attack)<sup>[1] [3] [2]</sup>

Each technique emphasizes:

- Proper stance and movement (often stepping back with the left leg)
- Blocks and checks to neutralize the attack
- Counterstrikes (punches, kicks, hammerfists)
- Awareness and readiness for multiple attackers<sup>[4] [2]</sup>

## Bodybuilding & Aerobics for Kenpo

### Strength Training (Bodybuilding)

To support Kenpo training, a balanced bodybuilding routine should focus on:

- Upper body strength (for strikes, blocks, and grappling)
- Core stability (for balance, power generation, and stance)
- Lower body strength (for kicks, footwork, and stability)

### Sample Strength Routine

- Push-ups: 3 sets of 10–20 reps
- Pull-ups or Rows: 3 sets of 8–12 reps

- Squats or Lunges: 3 sets of 12–15 reps
- Planks: 3 sets of 30–60 seconds
- Shoulder Press: 3 sets of 10–12 reps

### Aerobics/Cardio

Cardiovascular fitness is essential for endurance during training and sparring. Recommended activities:

- Jump rope: 3 rounds of 2–3 minutes
- Running or brisk walking: 20–30 minutes, 2–3 times per week
- Shadowboxing or bag work: 3 rounds of 2–3 minutes

## Sets, Repetitions, and Durations

### Kenpo Technique Practice

- Each self-defense technique: Practice 10–20 repetitions per session, focusing on precision and speed.
- Drill combinations or short forms (kata): 3–5 repetitions per session.

### Strength Training

- 3 sets per exercise, 8–15 repetitions per set, depending on your fitness level.

### Aerobic/Cardio

- 20–30 minutes per session, 2–4 times per week.

### Flexibility

- Stretching: 5–10 minutes after each workout, focusing on legs, hips, shoulders, and back.

## Integration Strategy

- Alternate Kenpo technique practice with strength and cardio sessions throughout the week.
- Always warm up before training (5–10 minutes of light cardio and dynamic stretching).
- Cool down and stretch after each session to aid recovery and prevent injury.

## Summary Table

Component	Sets	Repetitions/Duration	Frequency
Kenpo Techniques	10–20	Per technique	3–5x/week
Strength Training	3	8–15 reps per exercise	2–3x/week
Cardio/Aerobics	-	20–30 min per session	2–4x/week
Flexibility	-	5–10 min per session	After every workout

This approach will help reinforce your Kenpo skills while building the strength, endurance, and mobility needed for effective self-defense and overall fitness.



1. <https://americankenpo2000.tripod.com/americankenpokarateclub/id4.html>
2. <https://www.youtube.com/watch?v=Ee9oTQXoNwM>
3. <https://www.ironjourney-kenpo.com/kenpo-techniques/ed-parkers-american-kenpo-techniques-24/>
4. <https://www.youtube.com/watch?v=SzE90GKfIZE>